

ANIMAL RIGHTS PRISONER SUPPORT

April 2011

Donation

www.arprisoners.org

Issue number 6



NOTICE BOARD

Gregg and Natasha Avery

Can you help?

In 8 months we are both due to be released.

Can you or do you know anyone who can please help us with the following?

- Paid employment
- A motor vehicle (free or cheap)
- Accommodation (free or cheap. Any areas considered)

If you can help then just contact either of us at our prison address. If you are not sure if it's suitable then just ask us. Your help would be most appreciated.

Thank you.



About ARPS

Animal Rights Prisoner Support (ARPS) is a voluntary group which supports those campaigners who, as a result of their efforts to prevent innocent animals being caged, abused and killed, are themselves jailed because of their selfless acts on behalf of those who cannot speak up for themselves.

We live in a world where profit and property are valued over life and compassion, where those who try to stop suffering are seen as criminals and terrorists because they threaten the economic system and the status quo. As long as this continues to be the case, it is vital we support those activists who make the ultimate sacrifice.

Once in prison they are often isolated, separated from family and friends and from other campaigners. This is a calculated part of the process of imprisonment, intended to be a punishment, and a deterrent to others. Yet these are good people who have acted out of compassion rather than for their own personal gain.

ARPS supports the prisoners in various ways. Our main aim is to break through this isolation and provide the prisoners with support, morally and practically, keeping them in touch with the outside world and enabling them to continue to be a valuable part of the movement.

As well as this newsletter, we have a website and social networking site where we publicise the plights of the prisoners, publish their prison addresses and encourage supporters and sympathisers from around the world to write them letters and cards, and let them know they are not forgotten. This is essential for the upkeep of the prisoners' morale and keeping them in touch with what is going on in the outside world.

We also publish letters, articles and news directly from the prisoners, in this newsletter and on the internet, providing the prisoners with a forum to share their news, thoughts, views and feelings with the rest of the compassionate

community, and giving supporters and friends an invaluable insight into what life is like for animal rights prisoners.

We are in regular contact with the prisoners and friends, and endeavour to support them in various practical ways and look after their interests in whatever way we can.

What You Can Do

- Write to the prisoners.
- Subscribe to our quarterly newsletter. The newsletter contains letters, photos, articles and news from the prisoners. To receive your copy by post, send your name, address and cheque/PO for £10 or €12 (donation towards costs), payable to "ARPS" to the address below.
- Subscribe to our email list. We will send out updates from time to time about new prisoners or important changes regarding the prisoners. Send us your email address if you want to be kept informed: info@arprisoners.org
- Donate. In order to support the prisoners, we rely on support from other campaigners. ARPS is made up entirely of unpaid volunteers, all donations will be used to fund our important work on behalf of the prisoners. Cheques/POs, payable to "ARPS" can be sent to the address below. You can also pay regular donations by Standing Order (a form is on the back cover) and/or via PayPal.

ARPS (Animal Rights Prisoner Support Group)
PO Box 2174 LEIGH-ON-SEA SS9 0AZ

Contents

- Gerrah Selby's letter, 3
- Jonny Ablewhite's letter, 4
- Nicola Tapping's letter, 4
- International day of solidarity for Marie Mason and Eric McDavid, 5
- Natasha Avery's letter, 6
- A huge 'thank you' on behalf of many canine victims who were helped through SAY appeal, 7
- UK prisoners, 8
- International prisoners, 9
- Why I am vegan - Part I by Walter Bond, 10
- Slaughterhouse blues (Why I am vegan - Part II) by Walter Bond, 11
- Standing order form, 13
- A day of support for vegan prisoners in Bilbao organised by Bloque Antiespecista de Euskadi, 14
- Heather Nicholson's letter, 16
- Write to UK animal rights prisoners via email, 16
- Mel Broughton's letter, 17
- Steve Murphy's letter, 18
- Sarah Whitehead's letter, 19

A letter from Gerrah, which she wasn't allowed to send last year, so she posted it on her release.

Gerrah Selby's letter November 2010

Dear Friends,

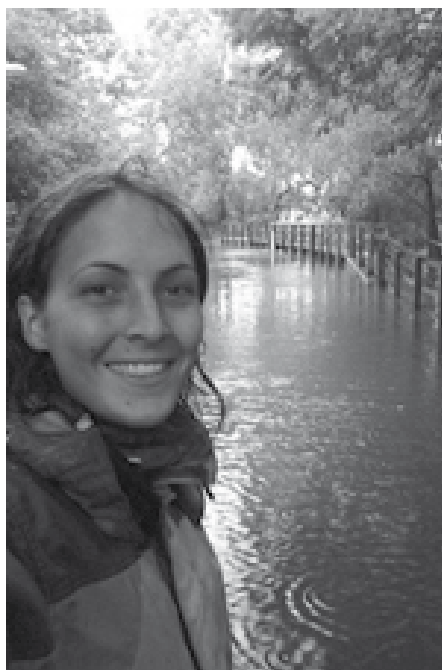
After a month of censorship I am, once again, allowed to write freely! Some of you will know that for the past month I have been refused contact with any person convicted of an animal rights offence, which included a ban on writing in AR newsletters. Apparently the Domestic Extremist Unit was not too impressed with my last letter published in the newsletter and demanded that the prison block many of my letters!

I have just been informed that the prison has now decided it is not in their remit to censor prisoners from speaking the truth and I can correspond with my fellow prisoners and write in this newsletter again! (Hooray for free speech!)

It is disturbing how keen the authorities are to repress dissenting voices, but then again, I don't imagine that the truth favours them; after all the truth is not on their side, it is on ours. Killing animals simply because we have the power to do so is wrong... It's that simple. An animal's life is not just a number or statistic; to every single creature their life is precious and important; no matter how long they are kept in a cage they will always yearn for a life free from pain and fear. Who are we to deny them that? We need to expose animal cruelty wherever we find it because without us the animals have no-one. As activists we are motivated by the purest of intentions. We merely seek justice for those most vulnerable. We ask only that animals are given the freedom, respect and consideration they deserve. Even if at times we are silenced, one day we will achieve that

goal.

Prison life is the same as always. I am in fine form with the VPSG, ARPS and ALFSG being a huge help throughout my sentence, ensuring that I have adequate vegan food and being well looked after. I am looking forward to a stunning menu that



the VPSG has put together for the prison kitchens to cook for us over the Xmas period! Another excellent development on the food front is that we can now order chocolate soya desserts from the prison shop! What bliss!

I have been using my time as proactively as possible. The past few weeks I have been learning Photoshop through a course being run by the education department, which was always something that I had wanted to master! I also entered

a short film that I made into a national prisoner arts competition which won a gold award and was exhibited in the Royal Festival Hall! (Not a boast or anything!)

All in all, prison is much like a strange dream...I had worried that prison would be an altogether arduous and wasteful experience but it's actually incredibly enlightening! Mostly it's just mad and funny at the same time. From fire extinguishers being used as water guns to people climbing up on the roof, I imagine this is what it would be like to be in St. Trinians!

My sentence continues to fly by in no small part due to all the fantastic people supporting us, it never ceases to make me smile when I receive letters offering support from people I don't know. It shows how loving and compassionate the Animal Rights movement is, when we can count on people, who would otherwise be strangers, for friendship and support. I feel we are united in our opposition to animal cruelty in such a way that we are all friends, even if we haven't yet had the chance to meet.

I am grateful to all of you for supporting us, whether through correspondence or in spirit, it really means a lot.

Finally words cannot give justice to how brilliant every single person is who is still acting for the animals. My heart is full of love and admiration for you all. I am with you all in heart and spirit.

Always for the animals,
With all of my love and solidarity

Gerrah xx

Writing to Prisoners

Receiving letters from the outside helps to stop prisoners feeling isolated and other prisoners are always amazed at the amount of mail animal rights prisoners receive.

When you first start up correspondence with a prisoner, try not to ask specific questions, so prisoners don't feel under pressure to give a response. Please don't feel offended if you don't get a reply, or if a reply is a long time coming, as animal rights prisoners often receive large amounts of mail. They also frequently have ongoing legal matters to deal

with, which can be a lengthy process. Consideration must be given to the fact that prisoners may not have time or that they may not feel like writing.

Keep letters positive and avoid angry rants. Talk about your campaigns, what is going on in your daily life or just send a bright card with a short note or a favourite quote. You can buy small packets of cards from many stationers and card shops which are really useful for keeping in touch with the prisoners.

Jonny Ablewhite's letter March 2011

My Dear Vegan Friends,

Here we go again, polishing the proverbial poo and waxing lyrical-stylee about life in the D Cat chokey! I've finally got a figurative handle on how D Cat feels. Using an oceanic metaphor, I can only compare myself to a sea anemone. For 6 days a week I'm washed up, bored off my bulging breasts (my gym training means I've shot up a cup size – from AA to A!) and then for 9 beautiful hours I'm replenished and revitalised, soaked in the undercurrents of emancipation! Feed anemone! Feed!! (and I do!)

Anyhoo, back to my all important breasts. Basically the reason for this cup size explosion is the VPSG! Oh yes! After leaving HMP Lowdham Grange restaurant ("Chez Lowdham") in 2009, my daily dietary intake has been pretty meagre – and not pretty! In fact, it's been more unappealing than



a nasty slice of skin disease from Channel 4's "Embarrassing Bodies"! However, thanks to the VPSG and their charitable benefactors, I have been able to supplement this saline slop with gratuitous dollops of soya protein powder. This is an expensive treat I could not afford

without the lavish generosity of the VPSG. Consequently I have gained a pectoral or two! No longer do I resemble a lamp post! A single cup size may not be that dramatic to the layperson but to the trained eye it's positively Jordan-esque!!

Not only has this meant that my muscular expansion has been exponential but, silliness aside, I have managed to remain physically and mentally (ish) healthy on a diet of rice and soya protein powder. Things would be getting very sticky without this supplementation – almost as sticky as the f*****g rice!! So VPSG, you've saved my life – for better or worse!! I thank you from the heart of my bottom! ("Bottom Expansion" shall be my next muscular quest!)

Vegan Love and Liberation,
Jonny

P.S if you do happen to visit me, please touch my breasts! x

Nicola Tapping's letter March 2011

Hello all you wonderful people!

This will be my first and last ARPS letter because by the time it is published, I will have been released from prison.

I just wanted to say a massive thank you to everyone who has written, sent me books and stationery during my



stay at Bronzefield. The support has been overwhelming and a great 'positive' from this experience have been the new friendships I have found.

I assure you, prison is not anything to fear. I know everyone always says this, but the time genuinely does fly by. I have been so busy with activities such as art, reading, jewellery design and the gym, that I hardly had the time to do anything else but eat and sleep.

Sarah and I have shared some brilliant times together and devoured vast amounts of chocolate. (We felt it was important to show there was a demand for vegan products on the canteen-list, Sarah will have to step it up now that I've gone!)

The VPSG has been amazing and has done great work at Bronzefield, ensuring we get a nutritious and delicious diet; and huge thanks must go out to ARPS for their support and publication of the newsletter. So please also give your support to both of these groups!

When I walk through the prison gates, I will leave stronger, fitter, wiser, and I will leave with the cries of millions of tortured sentient beings close to my heart.

Yours for animal liberation, xNiccix

"Activism is the rent I pay for living on this planet" (Alice Walker)

June 11th-International Day of Solidarity for Marie Mason and Eric McDavid

June 11th began as an international day of solidarity with long-term anarchist prisoner Jeff “Free” Luers in 2004. At the time, Jeff was serving 22+ years. Infuriated by the environmental devastation he saw occurring on a global scale, Free torched three SUVs at a car dealership in Eugene, OR. The sentence imposed on him was meant to send a clear message to others who were angered by capitalism’s continued war on the Earth’s ecosystems – and to those who were willing to take action to put a stop to it. Free is, after all, not alone in his concerns about climate change, fossil fuels, pollution and genetically modified organisms.

After years of struggle, Jeff and his legal team won a reduction in his sentence and he was released from prison in December 2009. But in the years intervening Jeff’s arrest and release, the FBI had carried out a series of indictments and arrests in an attempt to devastate the radical environmental and anarchist communities. Two of the people caught up in this maelstrom of repression were Eric McDavid and Marie Mason.

Eric McDavid was arrested in January 2006 after being entrapped by a paid government informant - “Anna” - and was charged with a single count of conspiracy. Eric – who never carried out any actions and was accused of what amounts to “thought crime” - refused to cooperate with the state and took his case to trial. After a trial fraught with errors, the jury convicted Eric. He was subsequently sentenced to almost 20 years in prison. More information on Eric’s case can be found at www.supporteric.org

Marie Mason was arrested in March 2008 after her former partner – Frank Ambrose - turned informant for the FBI. Facing a life sentence if she went to trial, Marie accepted a plea bargain in September 2008, admitting her involvement in the burning of an office connected to GMO research and the destruction of a piece of logging equipment. At her sentencing in February the following year, she received a sentence of almost 22 years. More information on Marie’s case can be found at www.supportmariemason.org

Marie and Eric now share the unfortunate distinction of having the longest standing sentences of any environmental prisoners in the United States.

Please join us in an International Day of Solidarity with Long-Term Anarchist Prisoners Marie Mason and Eric McDavid on June 11th. This is a time to remember our friends who are in prison – who are continuing their struggles on the inside. This is a time to continue and strengthen the very work for which Eric and Marie are now serving so much time - to struggle against capitalism, ecological devastation, and the ever more diffuse forms of control in this prison society.

Free Marie and Eric! Free all prisoners!

www.june11.org

For more information or to let us know if you are hosting an event, please contact: june11thsolidarity@gmail.com



Natasha Avery's letter March 2011

Hi everybody,

What a surprise, I'm still not working outside! The way animal rights prisoners are treated totally differently to other prisoners is so blatant, but of course we all know what's going on, he who pays the piper calls the tune, and as always, those with a vested interest in the vivisection industry are the ones calling the shots. It makes no difference to me, the one thing they cannot stop is the passage of time and we will all be free again one day, whether they like it or not.

One of the pleasures of being in prison is having time to read the newspapers at length and watch all the news and current affairs programmes. The fast moving events across the Arab world at the moment really are extraordinary, and I am constantly moved by people's passion, commitment and bravery. So many are prepared to die for what they believe in, it really does put all this into perspective. Amazing to see the two Libyan pilots defect to Malta with their planes, rather than fire on their own people. What heroes.

Man's wanton destruction of the planet never ceases to break my heart. David Attenborough's recent brilliant series 'Madagascar' was so beautiful, but yet again the arrival of human beings there sounded the death knell for so many species. Shocking too that African lions are now endangered. As always, I think about who the true criminals are, for what greater crime could there possibly be than to kill and wipe out entire species.

Eight months to go now for Gregg and me, though a part of me won't be free until all of us are out. The licence conditions of those of us released so far are basically control orders by another name; interesting to see the lengths they are prepared to go to in order to pander to animal abusers.

Gregg and I had one of our monthly ten minute calls this week, precious moments as always and over far too quickly. We've written over three thousand letters to each other now,



they are a constant flow between us, of talking, laughing and discussing and it is as if they had never managed to separate us at all. He is everything to me and gives me such strength, love and inspiration. We are starting to make plans for the future, though it is all subject to the whims of the probation service, which makes it well nigh impossible to be clear on anything at all.

As always, the Vegan Prisoners Support Group (www.vpsg.org) and the Animal Liberation Front Supporters Group (www.alfsg.org.uk) are there 100% for all animal rights prisoners, and their efficient and excellent help and support are second to none, so please support them if you can, they are a vital part of our movement.

Our Sponsor A Year Appeal for Greek Animal Rescue (www.greekanimalrescue.com) has now reached the amazing sum of £6.067! All our love and thanks to everyone who has sponsored us, and a special thank you to a dear friend of the animals who sent £1,000 after the SAY Appeal update in the last ARPS newsletter – you're a star.

I was asked recently by a probation officer whether I would stop writing for this newsletter. Of course I refused. Every day of this sentence that goes past makes me value all your support more and more. You have all made this so much easier for all of us and kept us strong and full of spirit despite attempts to break us. That will never happen and your support is one of the reasons why, as is our commitment to the animals and to the movement we are part of and always will be.

Take care and keep up the fight.

Lots of love,
Natasha xxx

"Most liberties have been won by people who broke the law."
Michael Foot MP

A huge 'thank you' on behalf of many canine victims who were helped through **SAY** appeal

Since the last ARPS Newsletter another £1,192 has been raised through SAY appeal, so the total raised so far stands at £6,067!!! An amazing amount of money which was put to the best use possible... helping to treat and nurse to health a number of dogs, all of them victims of deliberate cruelty.



Dogs like Pluto, a skeletal pointer close to death, rescued in April 2009 who eventually pulled through, and in January 2010 arrived in the UK and was adopted by supporters Lisa and Andy in Essex...



Last July, a very thin pointer, with half of his right hind leg missing and a long scar covering his back was rescued on the island of Lesbos. He needed intensive care and his hind leg had to be amputated. As soon as he was strong enough he was transported to the mainland - to Julie's shelter in Halkidiki. He became very cheeky, hence the name Rebel. When Lisa heard that we planned to bring him to the UK, she asked if her family could adopt him. Rebel arrived in March and within 5 minutes of meeting Pluto, they were chasing each other in the garden as if they had known each



other forever!

And there was Mabrouk... found in a rubbish container on Lesbos, his face swollen like a balloon, a 3 inch

wide wound all around his neck. He was also very thin and could barely breathe, and had to be kept on a drip for several days. Mabrouk was at Julie's for about 3 months before his neck 'closed up' completely, but the photos speak for themselves. He is a very handsome dog, but thinks the world owes him a living... of course it does, after everything he has been through!!!

So on behalf of Pluto, Rebel and Mabrouk and all the others, a huge thank you again to all those who have helped the SHAC Sponsor A Year (SAY) Appeal.



Greek Animal Rescue
info@greekanimalrescue.
com
+44 (0)20 8203 1956
69 Great North Way,
Hendon,
London NW4 1PT



Jonny Ablewhite (A5750AH)

HMP Hewell, Hewell Lane, Redditch, Worcestershire, B97 6QS

Jonny has been inside since September 2005 and is serving 12 years for conspiracy to blackmail the owners of Newchurch Guinea Pig Farm, which has now closed down.

Birthday: 27th January

What you can send: Self-addressed envelopes, cheques/postal orders made out to 'HM Prisons'. Please write Jonny's name/number and sender details on reverse.

Gregg Avery (A4874AD)

HMP Coldingley, Shaftesbury Road, Bisley, Woking, Surrey GU24 9EX

Gregg was remanded in May 2007 and sentenced in January 2009 to 9 years for conspiracy to blackmail in connection with the SHAC campaign.

Birthday: 5th December

What you can send: Stamps (12 in letter), SAEs, cheques/postal orders made out to 'HMP Headquarters' with Gregg's name and number and sender's details on reverse.

Natasha Avery (A5180AD)

HMP Send, Ripley Road, Woking, Surrey GU23 7LJ

Natasha was remanded in May 2007 and sentenced in January 2009 to 9 years for conspiracy to blackmail in connection with the SHAC campaign.

Birthday: 28th December

What you can send: Cheques/postal orders made out to 'HM Prison Service' with Natasha's name/number and sender's details on reverse. Stamps & an SAE. Also stationery and blank cards.

Mel Broughton (A3892AE)

HMP Bullingdon, PO Box 50, Bicester, Oxon OX25 1WD

Mel was remanded on 14 December 2007 and was sentenced on 13th February 2009 to 10 years for animal rights related offences against Oxford University animal lab.

On 13th July 2010, at his re-trial, Mel was found guilty of conspiracy

to commit arson. He has to serve the remainder of his 10 year sentence.

Birthday: 5th July

What you can send: Cheques/postal orders made out to 'HMPS' with Mel's name/number and sender's details on reverse. Stamps, writing paper and envelopes.

Tom Harris (A8086AX)

HMP Winchester, Romsey Road, Winchester, Hampshire, SO22 5DF

In October 2010 Tom was sentenced to 4 years for conspiracy to blackmail HLS and other companies involved with HLS.

Birthday: 21st May

What you can send: Only stamps and cheques/postal orders made out to 'HMP Services' with Tom's name and number and the sender's details on reverse.

Gavin Medd-Hall (A3624AD)

HMP Coldingley, Shaftesbury Road, Bisley, Woking, Surrey GU24 9EX

In January 2009 Gavin was sentenced to 8 years for conspiracy to blackmail in connection with the SHAC campaign.

Birthday: 20th March

What you can send: Stamps (12 in letter), SAEs, cheques/postal orders made out to 'HMP Headquarters' with Gavin's name and number and sender's details on reverse. (Please remember that Gavin has poor eyesight and will appreciate if you write in clear, large writing).

Heather Nicholson (A3158AJ)

HMP Foston Hall, Foston, Derby, Derbyshire DE65 5DN

Heather was remanded in May 2007 and sentenced in January 2009 to 11 years for conspiracy to blackmail in connection with the SHAC campaign.

Birthday: 30th January

What you can send: Cheques/postal orders made out to 'HMPS' with Heather's name/number and sender's details on the back. Stamps & an SAE. Also stationery and blank cards.

Gerrah Selby ** Released 11th January 2011**

Nicola Tapping ** Released 23rd March 2011**

Dan Wadham (A5705AA)

HMP Camp Hill, Newport, Isle of Wight PO30 5PB

In January 2009 Dan was sentenced to 5 years for conspiracy to blackmail in connection with the SHAC campaign.

Birthday: 3rd February

Support Page: www.myspace.com/supportdanwadham

What you can send: Only cheques/postal orders can be sent in made out to 'HMPS' with Dan's name/number and sender's details on reverse.

Kerry Whitburn (TB4886)

HMP Lowdham Grange, Lowdham, Nottingham NG14 7DA

Kerry has been inside since September 2005, and is serving 12 years for conspiracy in connection with the Newchurch Guinea Pigs Campaign.

Birthday: 18th April

What you can send: Stamps, envelopes, writing paper; postal orders/cheques made out to 'HMP LOWDHAM GRANGE' with Kerry's name/number and sender's details on reverse.

Sarah Whitehead (VM7684)

HMP Bronzefield, Woodthorpe Road, Ashford, Middx. TW15 3JZ

On the 25.10.2010 Sarah was sentenced to 6 years for conspiracy to blackmail HLS. Birthday: 12th February

What you can send: Cheques/postal orders made out to 'The Governor' with Sarah's name/number and sender's details on reverse. Books, stationery, stamps; an SAE.

Please send SAEs when you write.

Also please do not mention anything sensitive or illegal as all mail will be read by prison staff.

Walter Bond #2011-03339

Davis County Jail, PO Box 130,
Farmington UT 84025-0130

Birthday: 16th April

Walter was arrested on July 23, 2010 and has plead guilty to the arson of the Sheepskin Factory in Colorado and openly admits that he is the ALF (Animal Liberation Front) "Lone Wolf". Bond has plead not guilty to federal charges. He has also been indicted in Utah for the arsons of the Tandy Leather Factory and Tiburon (foie gras restaurant).

Walter has gotten a lot of mail sent back. They turn away mail that only has the sender's first name, and everything except letters and cards. Printouts from the internet are sent back denied at this jail. Books ordered from the publisher or book distributor are allowed. Walter will be sending a list of requested books to his support team, which will be made available on his site as soon as possible. Below are the rules on sending mail at the jail.

All mail must be sent through the United States Postal Service. Mail that is dropped off at the jail will be denied.

You must include a complete return address with your full name.

You must use regular paper, ink or pencil. Letters or cards sent to inmates must not contain any substance, such as glitter, glue, whiteout, paint, lipstick, metallic ink, stain, odor (e.g., perfume) or sticky substances such as stickers, post it notes, tape or stamps. No watermarks, grease or oil marks. No staples, paper clips, postage stamps, envelopes or blank paper. Any of the above will cause the letter to be returned to sender.

Inmates may not receive packages.

Your mail is not read unless there is good cause to believe that it contains information relating to escape plans, criminal activities, violations of jail rules, or coded or inflammatory language.

Legal mail is only opened in the presence of the inmate.

Photographs may be sent in the mail if they are no larger than 3 x 5 inches and are not sexual or criminal in nature. Polaroid type photos are not allowed.

Books must be sent directly from a bookstore or publisher and must be new. Used books will be returned. Inmates may receive a total of five (5) per week.

Magazines, newspapers or other periodicals may only come as a subscription from the publisher via the United States Postal Service. Inmates are allowed a maximum of two subscriptions. It is the inmate's responsibility to cancel the subscription when released. Only one newspaper is allowed per inmate, and they must be sent from the publisher.

Mail is received five days a week, Monday through Friday, except holidays.

If your mail is denied for any reason, it will be returned to sender with a brief explanation of why the mail was denied.

Nathan Block #36359-086

FCI Lompoc, 3600 Guard Road, Lompoc,
CA 93436, USA.

Charges: Unrepentant eco-warrior convicted for the arsons of a SUV dealership and a genetic engineering

tree farm in Oregon under the banner of ELF. Betrayed by all but 2 of his co-defendants, he is currently serving 7 years 8 months and is scheduled for release in 2012.

For more information: www.ecoprisoners.org/nathanjoyanna.htm

Email support:

solidaritywithsadieandexile@gmail.com

Birthday: 6th March

Alex Hall ** Released 11th January 2011****Kevin Kjonaas #93502-011**

FCI Sandstone, P.O. Box 1000,
Sandstone, MN 55072, USA.

Sentenced to 6 years in connection with the SHAC campaign. (One of the US SHAC 7)

Birthday: 31st October

<http://shac7.com>

Adrian Magdaleno Gonzalez

Adrian Magdaleno Gonzalez, a university student of 22 years, has been sentenced to 7 years 11 months and five days (he was detained last February) at the Reclusorio Norte del Distrito Federal Prison.

The charges are threatening the social peace and damage to private property; he was linked to a bomb attempt at the Bank Banamex (sponsors of bullfighting) in September 2009 causing serious damage and also for a bomb on the subway construction in Mexico City, which is destroying wild ecosystems.

For more information or to send letters of support, email us at libertadparaadrian@hushmail.me

Steve Murphy #39013-177

FCI Beaumont Medium, Federal Correctional Institution, PO Box 26040,
Beaumont, TX 77720 USA

Steve Murphy is a lifelong dedicated environmental, human and animal rights activist. In 2009, Steve was arrested and charged with an ELF action against urban sprawl that included a failed arson attempt in an uninhabited housing development construction site and the decommissioning of a tractor. Steve refused to name names and took a noncooperation plea deal. On January 12, 2010 Steve pleaded guilty to conspiracy charges, and was sentenced April 5, 2010 to 5 years in federal prison.

Steve has had some trials during his time away from us, though he maintains a

positive outlook on life.

Steve would appreciate letters and cards, encouraging words, and reading material.

Birthday: 3rd September

Support Page: www.supportsteve.org

Marie Jeanette Mason

#04672-061

FMC Carswell, Federal Medical Center,
P.O. Box 27137, Fort Worth, TX 76127,
USA.

Marie was sentenced on 5th February 2009 to an outrageous 21 years and 10 months imprisonment for ELF/ALF actions.

www.freemarie.org and

www.supportmariemason.org

Birthday: 26th January

Eric McDavid #16209-097

FCI Victorville, Medium II, Federal Correctional Institution, PO Box 5300,
Adelanto, CA 92301, USA.

Eric was sentenced to just under 20 years imprisonment for conspiring to damage corporate and government property. (Part of an FBI sting operation)

Birthday: 7th October

www.supporteric.org

Daniel McGowan #63794-053

USP Marion, U.S. Penitentiary, P.O. Box 1000, Marion, IL 62959, USA.

Sentenced to seven years imprisonment for his part in two arsons and his role in an ELF/ALF conspiracy.

Birthday: May

www.supportdaniel.org

Jonathan Paul ** Released 17th January 2011****Joyanna Zacher #36360-086**

FCI Dublin, Federal Correctional Institution, 5701 8th St – Camp Parks,
Unit E, DUBLIN, CA 94568, USA.

Charges: Unrepentant eco-warrior convicted for the arsons of a SUV dealership and a genetic engineering tree farm in Oregon under the banner of ELF. Betrayed by all but 2 of her co-defendants, she is currently serving 7 years 8 months and is scheduled for release in 2012.

Birthday: 25th January

Email support:

solidaritywithsadieandexile@gmail.com

For more information: www.ecoprisoners.org/nathanjoyanna.htm

Why I am Vegan - Part I

by Walter Bond

In the winter of 1995, when I was 19 years old, I got a job with a company by the name of Dakota Mechanical. We built slaughter-houses in the Midwest, mainly in Iowa. The state of Iowa is the largest producer of pork in the nation. At the time I was employed in that evil industry there were 27 slaughter-houses for pigs alone. I helped build the IBP plant in Logansport, Indiana as well. It was a brand new plant.

I never saw an animal murdered in the 9 or so months I worked in Logansport, but it wasn't difficult for me to get the gist of what many of those machines would do when in operation. I was primarily a forklift operator to begin with, but then worked my way to industrial plumber's apprentice. After that factory was built there was a three month layoff.

But soon I got the call for the next job. The one that would forever change my life. It was a smaller job; we were to build an extension to the kill floor at the IBP plant in Perry, Iowa. In this fully functioning slaughter-house I saw the most grizzly mechanized murders that there are to witness. Since it was an old facility we were constantly called away from our construction work to do maintenance throughout the plant. From the pen runs, to the kill floor, to rendering, over the course of 5 months I was a confederate and accomplice to it all.

When I first started the smells, sights, and sounds were overbearing. I kept telling myself, "This is what you eat; don't get squeamish." Within 6 to 8 weeks I felt soul dead. For 12 hours, sometimes 15, I often worked ankle deep in gore.

Like the 3 days I worked plumbing rinse stations with 40 gallon drums of de-skinned hogs' heads staring at me.

Or the times I would have to take the forklift behind the facility to gather raw materials, right next to which was a 25 foot pile of 'defective' hogs which were 'unfit for human consumption.'

For one reason or another they were left in heaping piles, exposed to the elements and freezing to death in the Iowa cold. With all the horrors to which I was privy, it's that pile of freezing dead that still haunts my soul.

Then came the day that changed me. We were wrapping up all our tools and cleaning up when a hog who had been knocked out with an electric jolt, had his throat stuck,



and had been hung upside down to bleed to death woke up, convulsed, and freed himself of the foot-hold. He came running off of the kill floor straight toward me and the rest of the crew. Three IBP workers gave chase. One with a pipe wrench and two with baseball bats. They began to beat the hog to death. I turned away as I thought anyone would...I was wrong. As I turned, I was face to face with the rest of my crew. While listening to the thuds and squeals of a blunt force death a mere 30 feet behind me, I watched as my co-workers whooped and cheered, high-fiving each other each time there was a thud, laughing and celebrating the violent death of a sentient being.

That night in my hotel room my mind raced. I was disgusted with myself. I was disgusted with humanity. I quit

eating meat. A few days later my foreman approached me and asked if I need to borrow any money. I said, "No, why do you ask?" He said that he'd noticed that all I'd been eating was peanut butter and jelly and that he thought I was broke. I told him that I wasn't broke and that I was simply done eating meat. He began heckling me and calling me a "born-again tree hugger." I quit on the spot.

I went home and began to study Animal Rights. I went vegan and became active in a legal capacity. I spent years tabling and talking with people. I worked at animal sanctuaries and rescued animals whenever I could.

I have never felt that anything I have done or will do on behalf of our Mother Earth and her animal nations has been enough. Those machines I built back in 1996 are still murdering, even as I write this. That is my guilt and my shame; I earned them. But it is also my strength and resolve. Nothing will ever make me forget the plight of factory farmed animals and so-called free range, which is just as sick, wrong, unnecessary, and indefensible.

Like all industries of animal exploitation, the circle of abuse will end with the antagonist (humans) falling prey to its own perfidiousness. For instance, my grandfather was a hog farmer whom I never met. He died in the year of my birth, after the ammonia from hog waste destroyed his lungs. That same waste run-off from his and adjoining hog farms in the 70's poisoned the ground water, allowing illegal levels of radium to pollute the tap water. To this day in certain areas of the Midwest you have to sign a waiver stating that the water from public works is hazardous to your health and that you are "OK" with that before they will turn your water on.

I've said it before, but it's worth restating. It is these industries of death that are the animal and Earth terrorists. Not those who fight against them.

Slaughterhouse Blues (Why I am Vegan - Part II) by Walter Bond

Hogs have been genetically tampered with for so long that we no longer know many of their natural attributes. We do know that in nature no hog is pink. That is a genetic modification because people like "light colored pork". We also know that no hog in the wild gets up to 800 pounds which is a ridiculously obese size. Many times when I worked at IBP (Iowa Beef Producers, which is the largest producer of "pork" in the midwest and I am fairly certain in the nation) I would see hogs that were so unnaturally overweight that one or all of their limbs were crushed under the weight. In this essay I am going to go back to that chamber of horrors to better detail the suffering that thinking, feeling and sentient beings we know as pigs endure at the hands of speciesist human oppressors.

Early in the morning it starts, semi-loads of doomed pigs arrive at the slaughterhouse. They are packed in "assholes to elbows" as the drivers so succinctly put it. At least three hogs per truck will be deemed "unfit for human consumption" usually due to huge abscesses on their hind legs. This happens because a few hogs per trailer always get their rears stuck against the air hole grating. When this happens their hindquarters become horrifically blistered from a 30 hour ride in this condition. Imagine sitting on a school bus with no pants and a cheese grater for a seat. Upon arrival an IBP supervisor inspects the hogs. Any hogs that absolutely cannot be "used" get thrown out behind the facility to either die of exposure or to starve to death. It's not uncommon to see drivers or IBP supervisors stabbing hogs in the hind legs with pocket knives to pop abscesses and continue with business as usual. The hogs then get filtered from the back of the trailers to the pen runs. This is a very temporary holding area where they wait to be killed. On the opposite side from the trailer docking is the "shoot". All the hogs get forced into this single file death run made of tubular steel. Once inside the shoot they are on a death march, they cannot turn around and because of the steady flow of their doomed

brethren being forced in behind them, they cannot stop. Hogs have the cognitive ability of a 5 year old child. They are very smart and very aware what's happening. They tremor from fear, some are so frightened they lose control of their bodily functions. Others faint and get pushed along their bellies to death. In any event, there is no stopping.

The impending horror is immanent.



Once at the top of the shoot there is an abrupt 45 degree ramp. At the top of which an electrified bolt thrusts out and jolts the hog in the head to knock them out. They then land unconscious, or awake and paralyzed on the conveyor belt. Here they meet the "sticker". The sticker has the job of stabbing the hogs in the throat and shackling their hind leg so that they bleed to death while hanging upside down. At the IBP plant in Perry, Iowa the stickers wear hockey masks so that if a hog regains consciousness prematurely and kicks them in the face, they will be protected. Can you imagine being hung upside down by a lunatic in a hockey mask and having your throat cut! So much for your welfarist "humane slaughter"! Very quickly they awaken gushing blood from the throat, traveling upside down in a corridor of congealing blood. The floor beneath is pitched at a 45 degree angle so that much of the blood drains into the blood tanks one level beneath the kill floor in a department called rendering. As they awaken they begin kicking and panicking. This is good according to industry standards because it quickens the bleed out. At the pinnacle of this A-frame shackle drive, the slow ride is over. They slide

along the shackle channel very fast, approximately 35 ft descent and 40 ft in length. Because of this acute slide angle approximately one in every one hundred hogs fall from the shackle and end up on the floor beneath. There they stay drenched in the blood that rains down from the "sliders" above. Every shift change the line stops just long enough to power-spray the "jelly" off of the "fallers" and shackle them back up for "production", on the kill floor.

Hopefully by the time they reach this point they are dead, but that is not always the case. The first machine is the "beater". This machine is much like the rollers of a car wash except they rollers have thick nylon ropes with knots on the ends. This machine beats the hair off the hogs. Next is 'the washer'. This is a long scalding hot water bath/basin. This gets the residual hair

that the "beater" missed and softens the skin for "disassembly". From this point everything works at a "break neck pace" (a term coined by the slaughterhouse industry in reference to the speed with which the kill floor operates). The head and hoofs are chopped off. The flesh peeled, salted, and stacked on pallets to be shipped to a leather tanning facility. The ribs sawed and broken and the innards dumped into stainless steel trays traveling along a conveyor belt to rendering with the blood tanks, bone cages and other waste bins. Every slaughterhouse has a section or sometimes separate facility on the same property called "rendering". A more accurate description would be "junkyard of death". Blood tanks, bone bins, 40 gallon drums of eyeballs, etc. The slaughterhouse industry is in cahoots with many, many food producers to hide their death junk in various foods. Many mass produced breads have powdered bones in the mix. Gelatins and lards get shoved into everything from cupcakes and Twinkies to car and truck tires. Blood gets used for rennet, an adhesive and oddly enough an ingredient in cheese (Sorry vegetarians but your cheese is not vegetarian. It's a combination of

lactation and blood). And on and on.

It must be said that rendering is such a disgusting and wretched mess that few can stand it. I once had to work welding a blood tank and the smells were so intense I spent the four hours it took to complete the task, vomiting in a bucket, much to the amusement of the workers. I wish I could more accurately portray the evil and insanity of an IBP plant. But I can't. Words and videos only tell a small truth of the filth and misery. I can't describe the smells, the screams, or the terror that these animals experience. So often Animal Rights Activists will get hung up on one detail or part of the kill process but I will tell you its sick and wrong from start to finish! I will say this as well, its not intentionally cruel. This is the way it must be done to feed several million people several billion animals. Its unreasonable to ask that people that kill animals all day long as fast as technologically possible to also care about the animals at the same time. No! The answer is to GO VEGAN and destroy the death camps, raze them to the ground just as if they were Aushwitz or Dachau! Because that is what they are, concentration camps to the hundredth power!

But before my anger carries me away let's return to the slaughterhouse so I can explain the human oppression as well. The grunt workers, the ones that deal with all the gore, filth and danger are known as the "white hats" (In IBP, your place in the hierarchy is worn on your head with the color of your hard hat, denoting your rank). The white hats were all African immigrants except for the clean-up crews which were all Latino immigrants. The white hats run the kill floor, rendering and stacking and salting skins. They are paid the bare minimum and allowed no leeway whatsoever. They work 12 hour shifts with a 20 minute lunch and two 10 minute breaks. They are constantly threatened with write-ups for the slightest deviation from the rules or slow down in production. Three write-ups within six months and they're fired, turned into immigration and deported. Approximately 1 out of 5 white hats is missing a finger or part of their finger from working at ridiculously frantic pace with pneumatic scissors and saws.

The white hats' direct supervisors are the "yellow hats". There are three yellow hats in every area of the facility with the exception of the kill floor which

has five. Every yellow hat I ever saw was an extremely angry 30-40ish white male, whose main job seemed to be to ridicule and frighten the white hats. I was a "blue hat" which meant I was a construction worker for an independent contractor, not to be confused with IBP maintenance men which wore "red hats". I had full run on the facility and was allowed to be anywhere at any time. That kind of freedom angered the yellow hats. More than once I had to explain to a yellow hat that my work was none of his business and to stay out of my way. The yellow hats bosses are the "green hats". The green hats are rarely seen on the floor unless the USDA are present or production has stopped for any reason. The USDA were known as the "white coats" due to their white smocks. Now, the USDA has real power. They can shut down a facility without notice at any time and for any length of time. For this reason everyone is nervous when the white coats are around. But as I said the demand for meat is huge. Quotas to suppliers cannot be met if a facility were to close for even 24 hours. Anybody that works in a slaughterhouse sees so many health violations occur in a day that you couldn't keep count of them all if you tried. The white coats know this, so the way it goes is no surprise. Literally, no surprise visits. Three days before a USDA inspector visits, the slaughterhouse is alerted. A massive clean up is initiated on the day of inspection. The white coats walk from one end of the plant to the other with their face buried in a clipboard and flanked on either side by green hats. The kill line is temporarily slowed down while they're in the building. The whole inspection takes about a half hour. Before the USDA can even leave the parking lot, its back to the break-neck pace and filthy gore.

Long after I left that hideous facility in Perry, Iowa and went vegan, I found myself wondering why do we as a "civilized" society allow this to happen? Why did I not personally intervene when I had the chance? Why did it take me several years after bearing witness to this atrocity to seriously begin speaking out and fighting against it? The answer to all these questions is one word: speciesism. We, humanity, feel that we are inherently better and more important than all other forms of life put together. So completely do we believe this that even many of those that are vegan and animal rights activists have

yet to contend fully with their own speciesism. For if we had a real sense of the evil wrought against animals that people call "food", the movement for their liberation would be far more voracious and militant than it is now. Instead of consoling each other with how much we "feel their pain" (which we don't) or simply falling apart at the seams whenever viewing or even thinking about their plight (which helps a doomed animal about as much as total apathy), we should ante up and do something about it.

The proper response to evil is not fear. The proper response to wickedness is not helplessness. The proper response to callousness is not to weep uncontrollably. The proper response to evil, wickedness and callousness is outrage, confrontation, and action! We need to look deep within ourselves and be honest about how much stronger we would feel about acting against these horrors and insanities if they were happening to people and then bridge that gap in our own speciesism. For on the day that we do we will quit crying all the time for the Animals! And start fighting all the time for the Animals! Our Mother Earth and her Animal Nations need us to be effective not affected. The truth is that we self-professed animal defenders have a greater knowledge of these atrocities. We also presumably have a higher sensitivity to them. And I assert that we therefore have a greater responsibility to do something about it. To have a greater knowledge about a crime and do nothing about it is in itself, a crime. It is called complicity.

And here's some knowledge. All the Animals that die annually for fur, entertainment, and vivisection globally, those numbers of dead are equaled by the American meat packing industry in one day! Over half of our fresh water, drinking water goes to "livestock"! The number one polluter of our water is the run-off aka shit from farmed animals. The number one culprit of deforestation and displacement of indigenous people is the meat industry! But simply knowing these things doesn't change them. Any more than knowing a recipe is going to feed you.

Its time to liberate, educate and agitate.

Animal Liberation, whatever it may take!

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19th Feb - A day of support for Vegan Prisoners in Bilbao organised by **Bloque Antiespecista de Euskadi** (Basque Antispeciesist Group)



On Saturday 19th February in Bilbao (Basque Country) campaigners organised a day of support for Animal Rights Vegan Prisoners. And what better way to start the day, regardless of the rain, than doing a demonstration against the corrupt, immoral and greedy customers – based in Spain – who keep HLS in business to show solidarity for the beautiful, compassionate and determined people who are in prison for fighting against the suffering and murder of innocent animals; for running campaigns to close down hell holes like HLS and the Oxford University Lab; for running campaigns to close down animal breeders where the animals survive in the most appalling conditions before finally being sold to the labs where they will be tortured and killed. We had a good turnout, with 34 protesters! (some activists came from Gipuzkoa and Madrid!) and we had leaflets in Spanish about HLS and the ARPS group on a street stall.

After two hours demonstrating we went to Izarbeltz, a libertarian squat which is run like a civic centre with a vegan canteen: where we ate 3 delicious courses: salad, vegan burgers with hummus and chocolate cake! All handmade! We enjoyed the food so much that we forgot to take pictures (oops!).

Then a UK supporter of the groups VPSG (Vegan Prisoners Support Group) and ARPS gave a talk about how the VPSG helps the UK vegan prisoners by providing them with food, money, shoes, toiletries, analysing their diet, dealing with Catering Managers, Diversity Managers and Governors when the prisoners have problems, and how the ARPS help them morally, publicising their addresses and letters/articles on their website and producing a quarterly newsletter (that will soon be available in Spanish too!).

After the talk we watched the documentary "Behind the Mask" with

subtitles in Spanish. And then... more delicious food: yucca fritters, Spanish omelet, snacks of homemade vegan cheese and pepper and.. live music: Eu Libre, Los Vibradores, Represion and Penadas por la ley.

We'd like to thank all the people involved in Spain, including the antispeciesist group Resistencia Vegana who helped us to collect money by selling their excellent merchandise: t-shirts, newsletters, CDs, patches, hoodies and books.

The money collected over the day will go to the VPSG and ARPS prisoner support groups to help them to continue their amazing and much appreciated support for our prisoners who although in prison, are still in our hearts and minds as part of our proud movement.

Until all are free!
Bloque Antiespecista de Euskadi
www.bloqueantiespecista.org



Heather Nicholson's letter March 2011



Dear Friends,

Well, I've been held prisoner now for around one thousand and four hundred days! It's so strange because it feels like forever, but it's still gone fast. I've got around six hundred days to go. As always, I will continue to make the best of my time. I've finished my equine psychology course and hopefully I'll be able to do the intermediate level next.

I'm reading loads of books that temporarily transport me away from here. I've just finished 'The Long Walk' by Slavomir Rawicz who escaped from a Russian Gulag. It's a true story and really inspiring. I'm now reading 'Even Silence Has an

End' by Ingrid Betancourt. She was held captive in a Columbian jungle for 6 ½ years. Both books really put things into perspective. What also helps me is my running. I wish I'd got into it years ago (if only I had the time!)

All of the animals I help care for are extremely well and make us laugh every day. There are now 3 of us full time in the sanctuary and the new girl is fabulous. She's really funny and has previously worked in dog rescue, so she's perfect.

Only one of our precious dogs is still alive and to say it has hit me hard is an understatement. I still feel sometimes that they'll all be there

when I get out. It's very strange. We had 4 dogs when we were arrested in May 2007. I can never thank my family enough for loving and caring for them so much. Thank you also to all of you who have written. I know you understand how painful it is. When you're a prisoner you learn to block out so many feelings, but they're still there and when they emerge, you feel you'll never stop crying. Sometimes I don't write to anybody for weeks, but it doesn't mean I don't appreciate your letters enormously.

Thank you all so much for everything. You're the best.
Lots & lots of love, Heather xxx

Write to UK animal rights prisoners via email

Did you know that it is possible to write to many prisoners in the UK via the "emailprisoner" service for just 30p per letter, cheaper, quicker and more convenient than conventional mail. Most UK prisons are either part of the scheme or are set to join in the near future.

You pay in advance and register with an email address and password. It works really well, usually prisoners get the letter the same day or the next day. They can't reply via email, but apparently this is in the pipeline, as well as the opportunity to send pictures.

It's a really great way to keep our comrades in touch with the outside world. For example, if you see some news online or in an email, you can just copy and paste it into an email and send it directly to the prisoner, with some news of your own perhaps. Or why not put a few stories and some news together, as you get 2,500 characters per email.

These prisoners can currently receive emails:

Gregg Avery (HMP Coldingley)
Natasha Avery (HMP Send)
Mel Broughton (HMP Bullingdon)

Tom Harris (HMP Winchester)
Gavin Medd-Hall (HMP Coldingley)
Heather Nicholson (HMP Foston Hall)
Dan Wadham (HMP Camp Hill)
Kerry Whitburn (HMP Lowdham Grange)
Sarah Whitehead (HMP Bronzefield)

Soon it should be possible to email all of them. On the website there's a list of prisons you can write to. Please ask them to introduce the scheme as well.

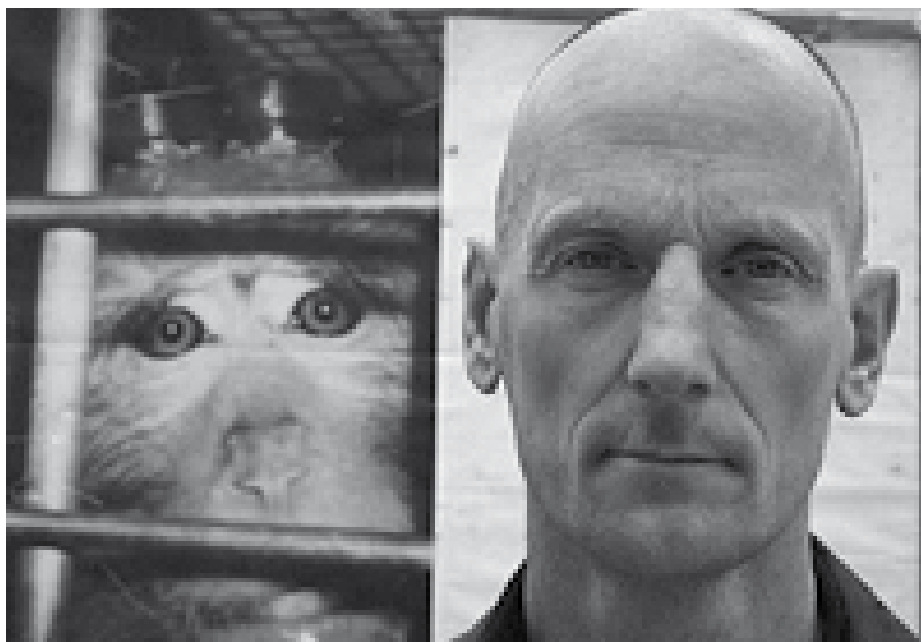
For more details see
<http://www.emailprisoner.com>

Mel Broughton's letter March 2011

I recently read a book called 'Animal Minds: Beyond Cognition to Consciousness' by Donald R Griffin. He was a professor at Harvard and now has the title of "Associate of the Museum of Comparative Zoology" at Harvard. The book is praised as a "brilliant synthesis of our current knowledge about the mental life of other species". And so, as I read, I took in the burgeoning evidence for animal awareness and intelligence; some I was aware of, some I wasn't. However, my growing awe at the evidence laid out before me was suddenly replaced by repulsion.

Chapter 8 headed: "Physiological Indices of Thinking" brought me right back to the reality of being a campaigner for the rights of animals. Neurons, synapses, and glia, words I had read before on a Home Office application to cause severe suffering to animals like Felix. As I read on, the case for animal consciousness and awareness was now being used to excuse even more invasive animal experimentation. The use of such evidence to support what we already know about animals is troubling enough, but the subtext to such thinking is truly horrific. The subtext is clear "that there should be no barriers to what is done to animals in the cause of gaining knowledge".

This may sound familiar enough to anyone who thinks about what animal rights means. At a time when animal rights campaigners have been subjected to negative media propaganda and legal assault, it begs for more fundamental questions to be asked. How do we move forward to achieve change that will give millions of animals protection from the worst aspects of exploitation and abuse? The animal rights movement has understandably highlighted cruelty and abuse, and put pressure on the exploiters to stop. Many diverse and diffuse campaigns have battled on and in some cases succeeded in gaining some level of reform. However, it must be clear by now that this approach is self limiting and too vague on its own to seriously affect the legal status of animals. Such a position cannot impact, in the long term, on the industries that still account for the exploitation and



abuse of most animals.

So what's to be done? Well, for a start we have to recognise that some of the campaigns that we pursue are a dead end. Secondly, and most importantly, we have to sing from the same song sheet on some core issues. Those who wield the most power and influence when it comes to laws that allow animal abuse to prosper, are let off by the hook by our failure to present a coherent case. We have to seriously remind ourselves that this is a movement dedicated to ending animal abuse, and not a vehicle to exercise personal idiosyncrasies.

I would suggest it's time to put 'rights' back at the centre of all animal campaigns. This may require a longer look at where campaigns can be most effective, and who is worth putting pressure on and who is not. Central to all this is obtaining some level of agreement on where we're going. I would argue that it is now imperative for the AR movement to intellectually and collectively redefine its message and goals. Campaigners need to appraise themselves with the evidence and arguments that support the case for animal rights, and look more keenly at the institutions and individuals that are most relevant in influencing lasting change for animals.

The fledging animal rights movement has had to grapple with many hurdles but none is more important than the one it faces now. It has been said that

the 21st century will be the century of the animal. I personally believe this will be so. In making sure it is so, we need to put animal rights on the agendas at the right institutions and individuals. The current legal status of animals has to be shown for what it is – a failure. Equally, campaigners need proper legal protection and advice to defend themselves more realistically against politically motivated harassment.

In his book "Drawing the Line: Science and the Case for Animal Rights" the US lawyer and animal rights advocate Steven M. Wise observes:

"Humans can freely be tyrants over things. Personhood is the legal shield that protects against human tyranny; without it, one is helpless. Until, and unless, a nonhuman animal becomes a legal person, she will remain invisible to civil law. She will not count."

It may sound utopian, but it doesn't stop it from carrying a truth. The 21st century should, and could be, the animal's century. That goal lies in our hands. Whatever foundations we lay down now must provide the best possible platform for the next generation of campaigners to achieve this goal.

Mel.



Steve Murphy's letter February 2011

Friends,

I want to begin by thanking everyone who has written letters and donated money. It really does help to make this surreal situation a little more bearable. I know i would never have made it this far without all your love and support.

I have been in jail and prison now for just over 17 months and i have another 29 to 30 months left until i can go home. The prison I am in allows me occasional freedom of movement, adequate meals, vocational training classes, email and phone contact, and visits when folks choose to come. It is far more than many other prisoners have. For many, prison is a horror story you and I cannot even begin to comprehend. For many, prison is being locked up in a tiny cell 24 hours a day, 7 days a week, the only movement or exercise they will get is struggling to not be poked and prodded, stabbed and injected again. For many, this tiny cell is the only life they will ever know again and they will die never again seeing a tree, breathing fresh air, or even feeling the tender touch

from someone who loves and cares about them. I am lonely for lack of kind and tender humyn contact and i am grateful that i have only 29 months left where others have years. But I know I will survive this misery because the larger picture needs people like you and me to rise above these trials. The planet, the animals that swim, fly, run, and crawl, the people need us to survive these momentary tortures of our spirit. I have lost much being jailed but what have I really lost? A partner, a few possessions – but if because of exercised apathy I had no clean air to breathe or clean water to drink I would be losing so much more.

I am happy to hear more people are getting into local urban gardening projects. It really is going to be important in the coming years. No doubt you have witnessed, even lived thru, the recent near catastrophic storms that have smothered much of the U.S. in layers of snow and ice, or heard about the massive flooding in Brazil and Australia together displacing millions of people, causing billions in damage, and unknown chaos and horror to all the animals

not quick enough or able enough to escape the wrath of an angry mother. Eco-scientists are saying the Amazonian rain forest will succumb to the 'warming trend' the world is now coping with too. And i have to keep scratching my head as i ask again, what will it take for you to stop driving your cars? What do you really need to know to stop eating meat? Do you really need to see the last fish choke to death in the oceans, seas and shorelines from all the pollution spewed into the waters every day? Do you really need to see the last bird and bee fall from the sky because the foods that she ate were smothered in toxic chemicals?

A nice compliment to your urban garden would be a bicycle, preferably one you build yourself, in the place where a large metal monster once stood. Ride Your Bike! Fuck Cars! You really don't need them. What did you do before you had one, you rode a bike, right? No community, no city is so big that you need to shit all over it by driving a car.

Peace and Love,
Steve

Sarah Whitehead's letter March 2011

Hi everyone/hola amigos! (I'm learning Spanish!)

First of all, a huge thank you to everyone who sent me Christmas and birthday cards. I was completely inundated and I'm so overwhelmed by how thoughtful and generous you all are – thank you so so much.

As I write this, the crisis in the Middle East is deepening. I'm so full of admiration for the protestors in countries like Tunisia, Egypt, and Libya. They never ask for help, they are totally committed and focused, and prepared to die in the fight for a better life. Sadly, so many are dying and I saw a video with an anti-Gaddafi protestor, a teacher on the front line. He was asked if he would return to teaching when the fighting was over. He smiled and said: "Oh yes, if I'm still alive – and if we win". What amazing courage and determination and such an example to everyone fighting for change – nothing matters

but the cause. In the words of Albert Pike: "What we have done for ourselves alone, dies with us. What we have done for others and the world remains and is immortal."

This should be the ethos behind every activism.

Nicci leaves in 2 weeks and I shall really miss her. She was just getting used to the fact that everyone in prison lies and no one is what they seem! She told me yesterday that she feels much happier leaving me now that there are 3 types of vegan chocolate on the canteen – what can you mean Nicci?! Our food in here is brilliant now. We have 2 vegan options for every meal and lots of fruit. I think it's worth mentioning that the catering manager is a Liverpool supporter too, so I expect excellence! Seriously though, I have no complaints in here at all. There are millions of starving, suffering people who would love my warm cell and 3 meals a day and I'm always aware how lucky I am.

While I'm in here I would like to compile a book of animal stories and sell it to raise money for various animal charities. If anyone would like to contribute with their stories, please do send them to me and I'll put them in. Photos are welcome too.

There are 2 charities I'd like to mention in particular -

'Nowzad Dogs' (www.nowzad.com) who rescue dogs and cats in Afghanistan and Iraq. They have recently expanded into caring for horses and donkeys too and have requested volunteers to make padded nosebands for these poor neglected work animals. The details are on their website and it looks very simple (says the woman who isn't allowed needle and thread!). Please help if you can.

The other charity is Tower Hill Stables (www.towerhillstables.com), run by Fiona Oakes who not only



looks after 400 animals but also runs marathons to raise money for animal organisations. The sanctuary is in Essex and Fiona is vegan and a dedicated activist.

As ever, unending thanks to my dear friends looking after my animals. As much as I miss them every second, it is so lovely to know how much they are loved and cared for. Thank you to all the supporting groups – VPSG, ARPS, and ALFSG. All the volunteers work so hard just to make our time in prison easier and I am really grateful. Thank you to everyone who writes, visits, and listens to me rambling on the phone – I am sure I am a burden to you but I'm never ever made to feel it, which shows how lovely you all are.

I'll just end up with this – every single day when I wake up, the first thing I do is switch on teletext hoping to see "HLS animal lab closes". I never ever give up hope and the belief that it will. To all of you who feel the same about the abused, tortured, murdered animals who are voiceless and powerless – remember we will NOT be silenced. All of us together can bring about liberation and a decent world. There is only 1 option and that is to win.

Adios and lots of love as always,
Sarah
xxx